

# The Connection

**Mission Statement:** Spencer County Schools will go the distance for all students!

**Vision Statement:** Spencer County Schools will ensure all students reach their full potential through high academic standards empowering them to become highly effective individuals.

November 23, 2010

Issue date: Each Thursday

Deadline for items: Wednesday afternoon

Submit items to Central Office:

Phone 477-3250 or via

bonnie.parsons@spencer.kyschools

## Art is All Around Us!

Several 8th grade students have chosen to have their landscape works on display around town. Since the classes have been learning about early American painters, students have created their own painting by enlarging a photograph of a Spencer County rural scene.

The **Red Scooter**, the Spencer Co. **Public Library** and the Taylorsville **Post Office** are hosting the art exhibit which will be up until the afternoon of December 13th. — *Stacy LaRue*, Art Educator/Art Club Sponsor, SCMS

## Senior Kick Off

### Helping High School Seniors

#### CLOSE THE DEAL on COLLEGE

Dec. 1st—10:00 a.m.-1:15 p.m. — HS Gym

**Close The Deal's** goals are simple and ambitious:

- ✧ To create a college-going culture in which students recognize the link between education and success.
- ✧ Provide support for and create a sense of urgency on the part of students applying for college.
- ✧ Build “college knowledge” that helps students make informed choices about their futures.

#### Activities include the following:

Keynote speakers, such as school administrators, elected officials, community, and business leaders, who will discuss the importance of college and challenge them to apply to at least one school.

Presentations from admissions representatives, financial aid advisors, and recent college graduates. Education Fairs.

Lunch will be served.

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## Parent to Parent December Meeting

Thursday, Dec. 9, 6:00—7:30

at The Cooperative Extension Office on Spears Dr.

This month will be a Holiday Potluck — We will have a great Holiday Dinner, lots of socializing, a “Surprise Activity,” family gifts for all, and **LOTS OF FUN!** We hope you can join us. Just **bring a dish** to share! (**Must RSVP by 12/3**)

Our Parent Support Group is designed to give you practical advice to help strengthen you as a parent. Best of all, you will meet other parents and caregivers just like you who want the best for their children and families! Please **RSVP to Renita Murphy: 502-477-9917 by Friday, December 3rd** to make sure we have gifts for all families!

#### Free Childcare, Free Dinner and Free Gifts

Spencer County “Parent to Parent” Support Group is made possible by funding from OFL and Seven Counties.



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## Time for Angels

The Family Resource & Youth Service Center now has names of families in need of assistance at Christmas. If your club or group would like to ‘adopt’ a child, please give us a call at 477-6934 or 477-3202 or feel free to e-mail us.

Gifts must be returned to First Christian Church on Main Cross Street, or Family Resource/ Youth Service Center by Friday, December 17th. Thanks so much for your support.

— Becky Wilson, Teresa Buechele, Kaye Lloyd, Lenna Allison, Eleschia Murphy & Vonda Martin

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## Vouchers to Borders

### Support SCHS Media Center

If you are planning to buy books or items from Borders or [www.borders.com](http://www.borders.com) the SCHS library media center is having **BENEFIT DAYS** at **Borders** on Hurstbourne Lane, **December 4-5, 2010**. Please purchase from the store or online at [borders.com](http://borders.com) on those days so that a percentage of the net sales will be donated to the SCHS library media center.

Present the voucher (attached to email and on website) at the time of purchase, or when ordering **online use the promo code SPCHS1204G**. Print as many vouchers as you like and give some to those you meet. It's a great way to help the school library and give yourself or someone else a lasting gift. — Marlene Kleinjan, SCHS Library Media Specialist

## December - Spencer County Elementary

- 1<sup>st</sup> - Market Day pickup
- Quantile Training 3<sup>rd</sup>-5<sup>th</sup> grade math teachers at 4:00
- 6<sup>th</sup> - Santa Shop begins
- 6<sup>th</sup>-8<sup>th</sup> - Papa John's fundraiser nights
- 7<sup>th</sup> - Scrubby Bear (in the morning)
- 9<sup>th</sup> - SCES Performing Arts Performances
- 13<sup>th</sup> - Polar Express Week (details soon)
- SBDM meeting at 4:00
- 14<sup>th</sup> - Faculty Meeting at 4:00
- 17<sup>th</sup> - End of the 9 week grading period

## FOR SALE

Country sausage: 3 lb. rolls for \$6.00. Mild or Hot. Please call Nancy Humphrey, 477-8338 or 220-2289



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**Mark Your Calendars!**

## **21st Annual FFA Farm Toy Show — 2010**

**BUY \* SELL \* TRADE**



Spencer County High School, 520 Taylorsville Road, Taylorsville KY 40071

Friday, **DEC. 10:** 6:00 - 9:00 P.M. & Saturday, **DEC. 11:** 9:00 A.M. — 3:00 P.M.

**SETUP** FRIDAY 3:30 TO 6:00 P.M.; SATURDAY 7:30 TO 9:00 A.M.

**ADMISSION:** \$5.00, under 5 Free (Sellers: **Each Table \$20.00**)

**DOOR PRIZES AND CONCESSIONS**

**FOR INFORMATION:** BLAND BAIRD 502-477-3255 OR 639-0138

**FARMSCAPE ENTRIES INVITED—MODEL COMPETITION**



## How to Avoid or Recover from the Holiday Eating Binge

**How to avoid weight gain, stay well, and still have fun at holiday parties?**

**Don't go to a party hungry.** Snack on healthy, filling foods -- maybe a handful of nuts, an apple, or a half a turkey sandwich, before you leave home. You'll be less tempted by high-calorie options if your stomach isn't growling.

Once you arrive, **ask for a glass of water** to help you feel full. And don't head straight for the food -- make a point of greeting friends or meeting new people.

**Think small.** When it does come time to indulge, use a small, appetizer- or dessert-sized plate and fill it first with healthy choices such as fresh fruit and veggies (go easy on the dip). Leave just a little space for a sample of whatever unhealthy treat you're craving, eating it last, after you've filled up on something more nutritious.

**Position yourself for success.** If standing by the buffet table or facing the food while seated, you'll be tempted to "graze." Turn your back to the table, and focus on having fun, not having food.

**Avoid alcohol.** Not only are alcoholic beverages loaded with calories, drinking them tends to weaken your resolve to eat better. However, if you decide to indulge, avoid heavy holiday drinks, and stick with light beer or a glass of wine instead.

**A few immediate steps to recover if you overindulge:**

**Toss the Tempting Treats.** Either give away or throw out any remaining high-calorie foods such as pies, cakes, eggnog, cookies, and candy. If you can't bear to part with certain foods, store them in the freezer for later use.

**Stock Up on Healthy Foods.** Whole grains, fruits, vegetables are rich in fiber, which helps fill you up and keeps your digestive system moving. Unlike sugary foods, these high-fiber foods don't cause the blood-sugar spikes and crashes associated with overeating. Other good choices include lean proteins such as fish, chicken, and turkey (minus the

gravy). Eating such foods can help cleanse your entire system of the after-effects of holiday overindulgence.

Eat lots of **fruits and vegetables.** Aim for **5 to 13** servings of fruits and vegetables a day. Pick a variety of colors to get a range of antioxidants and vitamins. A serving size is 1/2 to 1 cup.

**Drink plenty of fluids.** Six glasses of water per day keeps your digestive system moving and helps relieve bloating caused by too much holiday sugar, fat, and salt.

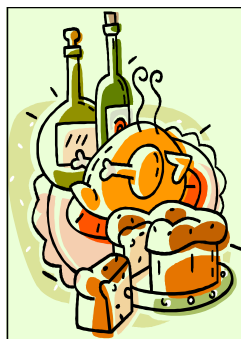
**Prepare for Sugar Cravings.** After coming off a holiday binge, it's not uncommon to crave cookies, candy, and other sweet treats. To get your fix, reach for sweet fruits such as apples, oranges, and berries, or drink a diet soda.

**Get Moving!** If you neglected your regular exercise, ease back into it, starting with 20-30 minutes per day of moderate activity such as brisk walking. If you continued to exercise during the holidays and still gained weight, add an extra 10-15 minutes to your daily routine. If you have never exercised or gave it up years ago, check with your doctor first.

**Aim for a Healthy Weight Loss.** Most experts recommend a weekly weight loss of 1 to 2 pounds. You can lose 1 pound a week by cutting 500 calories per day from your usual diet. You can lose another pound by taking four 45- to 60-minute **brisk** walks each week.

**Think Long-Term.** Success is more likely if you make permanent changes. Instead of focusing on an outcome goal such as "lose 20 pounds," focus on a process goal such as "eating healthy" and/or "exercising regularly." A process goal should be **SMART**: Specific, Measurable, Achievable, Realistic, and Trackable (record your actions and results).

**Prepare for Inevitable Setbacks.** Don't beat yourself up if you eat a bag of potato chips or miss a workout. Just resolve to do better the next day. If you can maintain a healthy lifestyle, you'll soon shed those holiday pounds.



**BENEFIT for  
CARL PHELPS**

**MEMORIAL FUND**

**CHILI SUPPER + SILENT  
AUCTION + LIVE MUSIC**

**Saturday, Dec. 4th**

**4:00—8:00 pm** at the Open

Door Christian Center, 2345

Taylorsville Rd, Bloomfield.

(Mavis Bennett's church.) For

Tickets or Questions call

Michelle Marksbury Housley,

422-2478 or Patti Cotton,

345-6011.

Advance Tickets—\$5.00;

At Door—\$7.00

**NOTE: Accepting**

**donated items**

**for Silent Auction\***

See flyer on website.